














































 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

MONDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Tomato and Cheese Pasta Bake 	Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum Wheat Semolina Cheddar Cheese (Milk).	Contains: Milk, Gluten and Wheat
Baked Beans   	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	Contains: None of the 14 Food Allergens
Cheese  	Ingredients: Cheddar Cheese (Milk).	Contains: Milk
Tuna mayo  	Ingredients: Tuna (Fish), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	Contains: Fish and Egg
Coleslaw   	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	Contains: Egg
Vanilla Ice-Cream  	Water, Invert Sugar Syrup, Vegetable Fat(Palm Oil, Palm Kernel Oil), Skimmed Milk Powder, Milk Proteins, Whey Powder (Milk), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Beta-Carotene - synthetic).	Contains: Milk












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TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Lasagne 	Ingredients: 170% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum Wheat Semolina Cheddar Cheese (Milk) (Minimum Fat Content 82%) Cheddar Cheese (Milk). Water, Mustard Flour (18%), Glucose-Fructose Syrup, Salt, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator (Acetic Acid), Turmeric Powder, Stabiliser (Xanthan Gum).	Contains: Milk, Gluten, Mustard, and Wheat
Vegetable Hot Pot   	Ingredients: Courgette (30%), Tomatoes (22.5%), Green Pepper (12.5%), Red Pepper (12.5%), Onion (12.5%), Aubergine (10%). Garlic and vegetable stock, Potato (96%)(Origin: EU),Palm Oil,Sunflower Oil	Contains: None of the 14 Food Allergens
Garlic & Parsley Bread Slices  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	Contains: Gluten and Wheat
Cauliflower & Broccoli   	Ingredients: 100% Cauliflower & Broccoli	Contains: None of the 14 Food Allergens
Strawberry Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	Contains: None of the 14 Food Allergens










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WEDNESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Roast Chicken and Gravy   	Ingredients: Halal Chicken, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	Contains: None of the 14 Food Allergens
Roast Beef and Gravy   	Ingredients: Beef, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	Contains: None of the 14 Food Allergens
Vegan Sausages  	Ingredients: Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.	Contains: Gluten and Wheat
Roasted New Potatoes   	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Contains: None of the 14 Food Allergens
Carrots   	Ingredients: Carrots	Contains: None of the 14 Food Allergens
Sliced Peaches   	Ingredients: Peaches, Pear Juice from Concentrate, Water, Acidity Regulator: Citric Acid	Contains: None of the 14 Food Allergens

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THURSDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken, 10% sliced peppers Water, Water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.	Contains : None of the 14 Food Allergens
Margarita Pizza 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese (12%)(Milk), Tomatoes (12%), Wholemeal Wheat Flour , Cheddar Cheese (5%)(Milk), Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	Contains: Gluten, Milk and Wheat
Garlic & Parsley Bread Slices  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	Contains: Gluten and Wheat
Sweetcorn   	Ingredients: Sweetcorn	Contains : None of the 14 Food Allergens
Mixed Yoghurts  	Ingredients: Skimmed Milk , Sugar 7.1%, Cream (milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D	Contains: Milk

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FRIDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Breaded Fish 	Ingredients: Alaska Pollack (Fish) (50%), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).	Contains: Gluten, Fish and Wheat
Cheesy Pasties 	Ingredients: PUFF PASTRY: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids). FILLING: Water, Onion (7%), Vegetarian Cheddar Cheese (Milk) (5%) Colour (Annatto Norbixin)], Dried Potato (4%), Milk Proteins, Onion Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Salt, Potato Starch, White Pepper. GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).	Contains: Gluten, Milk and Wheat
Oven Chips   	Ingredients: Potato, Sunflower Oil.	Contains: None of the 14 Food Allergens
Spaghetti Hoops  	Ingredients: Cooked Pasta (46%) (Water, Durum Wheat Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, Wheat Flour , Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.	Contains: Gluten and Wheat
Lemon Drizzle Cake  	Ingredients: Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamine), Lemon Icing (20%) (Sugar, Lemon Juice (Lemon Juice Potassium METABISULPHITE)), Rapeseed Oil, EGG , Water, Humectant (Glycerine), Lemon Juice (3%) (Lemon Juice, Potassium METABISULPHITE), Salt, Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Natural Lemon Flavouring, Stabiliser (Xanthum Gum).	Contains : Gluten, Egg and Wheat